

MIDDLETOWN SENIOR RESOURCES

Adult Day Care

Daytymers Club, 38 Boston Road 860-344-1221

The Day Club, 32 Miner Street 860-632-1119

Advocates

Advance Care LLC, Elder Care Management & Homecare 860-740-6885

Caregiver Resource Guide (Caring Families Coalition) 860-297-5197

Community Renewal Team, 44 Hamlin St. 860-347-4465

Some emergency services, fuel assistance, homebound meals

Compassion & Choices (FREE) 1-800-247-7421

1 to 1 w/terminal patient & family to ensure final wishes are honored

Connecticut Legal Services, 62 Washington Street 860-344-0447

Consumer Law Project for Elders (free, 60+, all incomes) 1-800-296-1467

CT. Dept. of Social Services, 117 Main St. Ext. 860-704-3100

Title 19, Food Stamps (SNAP)

Dept. of Social Services Energy Assistance Hotline 1-800-842-1132

GateKeeper Dwight Norwood, MSW (St. Luke's) 860-347-5661

HomeCare Connection, LLC 32 Miner Street 860-635-5009
(personal care, homemakers, companionship)

Judy's Checks & Balances, LLC (help w/ \$ management) 860-349-1555

Lawyer Referral Service of CT Bar Association 860-525-6052
(assess case, provide free est. of charges)

National Family Caregiver Support Program 1-800-994-9422

Ombudsman & Resident Advocate Program 860-723-1394

Protective Services for the Elderly (DSS) 1-888-385-4225

Salvation Army, 515 Main St. 860-347-7493

Statewide Legal Services of CT, 424 Main St. (800-453-3320) 860-344-0380

St. Luke's Eldercare Solutions, 100 Riverview Ctr. Suite #202 860-347-5661
(companionship, shopping, minor home repair, case management)

Visiting Angels Living Assistance Services 860-349-7016

(personal care, homemakers, companionship)

MIDDLETOWN SENIOR RESOURCES

Arts

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| Altrusa International Inc. (Annual Sr. Poetry Contest) | 860-346-2470 |
| Art Guild of Middletown | 860-342-4565 |
| CT Heritage Productions (Theater) | 860-347-7771 |
| CT Poetry Society | 860-347-6175 |
| Greater Middletown Chorale | 860-347-9954 |
| Middletown Senior Chorus, Barbara Arafeh | 860-347-4887 |
| Middletown Symphonic Band | 860-347-5787 |
| Russell Writers | 860-347-8895 |
| Valley Shore Sweet Adelines Chorus | 860-346-2674 |

Civitan Bingo

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| Middletown Senior Center, 150 William St. | 860-638-4540 |
| Evening Bingo (6:30 PM), last Tues. of month Sept. - June, Free | |

Classes

Sr's are tuition free on a space available basis at CT public colleges & universities

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| Adult Exercise or Aquacise, (W.W.Jr. High Wilderman's Way | 860-343-6627 |
| Art Guild of Middletown, Mattabassett Grange, 42 West St. | 860-342-4565 |
| Barbara Beck Studio, 38 Beverly Hgts. | 860-346-4615 |
| Middlesex Community College (62+, discounted classes) | 860-343-5800 |
| 100 Training Hill Road | 860-343-5863 |
| (50+, Wide range of classes, trips) | |
| Middletown Senior Center, 150 William St. | 860-638-4540 |
| Middletown Adult Education, 398 Main St. | 860-343-6044 |
| (wide range of classes & trips) | |
| YMCA, 99 Union St. (Sr's get discounted rates) | 860-347-6907 |

Consumer Protection

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| State of Connecticut | 860-713-6100 |
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MIDDLETOWN SENIOR RESOURCES

Community Renewal Team (CRT)

44 Hamlin St. 860-347-4465

Winterization Assistance, Heating Bill Assistance

Elderly Nutrition Program, Meals on Wheels

Department of Veteran's Affairs

287 West Street, Rocky Hill 860-721-5925

Council on Veterans, Middletown, Ron Organek 860-346-5100

American Legion Post #75, 58 Bernie O'Rourke Drive 860-347-9575

Employment

Dept. of Labor, 645 South Main Street 860-344-2993

United Labor Agency, 100 Riverview Center 860-347-8060

Fishing License

65+, Free, Apply yearly

Town Clerk, City Hall, 245 deKoven Drive 860-638-4910

Handymen

HomeCare Connection LLC, 32 Miner Street 860-635-5009

St. Luke's Eldercare Services 760 Saybrook Road 860-347-5661

Homecare

A&D Home Health Solutions 1-866-395-6805

Advance Care LLC, Elder Care Management & Homecare 860-740-6885

Caring Angels Home Care LLC 860-461-0384

Companions & Homemakers Inc. 437 Main Street 860-348-4663

Visiting Angels Living Assistance Services 860-349-7016

CT Respite Care Program 1-800-994-9422

MIDDLETOWN SENIOR RESOURCES

Homecare (continued)

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| Day Maids | 860-632-1200 |
| Family Care Visiting Nurse LLC | 1800-946-6331 |
| HomeCare Connection LLC, 32 Miner Street | 860-635-5009 |
| HomeCare Connection Loan Closet 80 East Main St. | 860-344-0005 |
| Home Instead - 79 Mill Street, Middletown, CT | 866.812.7802 |
| Lend a Hand | 1-800-960-1004 |
| Middlesex Hospital Homecare, 51 Broad Street | 860-704-5600 |
| New England Home Care | 1-800-950-1004 |
| Seniors Helping Seniors | 860-447-1316 |
| Unison Health Services Inc., 921 Saybrook Road | 860-347-4446 |
| Visiting Angels Living Assistance Services | 860-349-7016 |
| Homecare Program for Elders (phone based info & Referrals) | 211 |

Library

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|---|-----------------|
| Russell Library, 123 Broad Street | 860-347-2528 |
| Homebound Service Program | 860-347-2528 xt |
| Equipment for sight impaired, reading aids, audio books | |
| Computer training & usage, Lunch & Learn Series | |
| Borrow books, tapes, CD's, DVD's, New Parents Kits | |
| Museum Passes free @ circulation desk | |
| CT State Library for the Blind & Physically Handicapped 198 West St., Rocky Hill | 1-800-842-4516 |

Medical

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| Commission on the Deaf & Hearing Impaired (CDHI) (interpreting, counseling, support services) | 1-800-708-6796 |
| CT Radio Information system (CRIS) (Free radio if you can't read or hold printed information) | 1-80-708-0004 |
| Center for Medicare Advocacy Free legal assistance to CT citizens denied Medicare coverage | 1-800-262-4414 |

MIDDLETOWN SENIOR RESOURCES

Medical (continued)

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| CHOICES, offers unbiased health insurance information | 1-800-994-9422 |
| Community Health Center, 635 Main Str. (sliding scale) | 860-347-6971 |
| Lions Low Vision Center | 1-800-676-5715 |
| Medicare | 1-800-633-4227 |
| Medicare Hotline | 1-800-828-9769 |
| Medicare Questions | 1-800-633-4227 |
| Middlesex Community Access Program, 60 Crescent St. (Pharmacy assistance for uninsured / underinsured) | 860-358-4867 |
| Middlesex Hospital, 28 Crescent St. | 860-344-6000 |
| Lifeline service, device calls medical help 24x7 | 860-344-6000 |
| Middlesex Inpatient Hospice Care, 28 Crescent St. | 860-344-6000 |
| Middletown Health Dept., City Hall, 245 deKoven Drive | 860-638-4960 |
| Senior EyeCare Program (SEP) 65+, eye exam & treatment free if eligible | 1-800-222-3937 |

Mental Health

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| Alcoholics Anonymous | 860-344-1744 |
| Alzheimer Unit, 645 Saybrook Road | 860-344-8788 |
| Community Health Center, (Sliding Scale) 635 Main St | 860-347-6971 |
| Crisis Hotline, acute psychiatric emergencies | 1-800-567-0902 |
| CT Respite Care Program | 1-800-994-9422 |
| Grandparents Raising Grandchildren Support Groups Daytime Group thru Middletown Parks & Recreation | 860-343-3473 |
| MedOptns, Memory Center-neuro-cognitive evals | 1-800-370-3654 xt 161 |
| Middlesex Hospital Mental Health Ctr., 103 So. Main | 860-358-8760 |
| Middlesex Hospital Support Groups | 860-344-6162 |
| Bariatric, Bereavement, Breast Cancer, Prostate Cancer, Cancer, Caregiver, Diabetes, Pulmonary, Smoking | |

MIDDLETOWN SENIOR RESOURCES

Mental Health (continued)

Rushford Ctr. Alcohol / Drug Treatment, 1250 Silver St. 860-346-0300

St. Luke's Eldercare Solutions, 100 Riverview Ctr., #202 860-347-5661

Middletown AARP's

AARP Membership 1-800-424-3410

AARP CT 1-866-295-7279

Middletown Chapter #3310

Middletown Chapter #3394

Middletown Health Department

Flu Shots by appointment every Fall 860-638-4960

Middletown Homeowners Senior Tax Relief

65+, Income Guidelines, apply yearly Feb.1-May 15 860-638-4930

Tax Assessor, City Hall, 245 deKoven Drive

Middletown Senior Center

860-638-4540

Municipal Agent for the Elderly, Laura Runte 860-638-4542

Middletown Water & Sewer Sr.'s Adjusted Charge

62+, Guidelines, Apply by mid-April 860-638-3500

Water & Sewer Dept., 82 Berlin Street

Municipal Agent for the Elderly

150 William Street (Senior Center) Laura Runte 860-638-4542

Notary Public

Loretta T. Dzialo (Notary, Justice of the Peace) 860-346-2356

MIDDLETOWN SENIOR RESOURCES

Nutrition

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| Amazing Grace Food pantry, 139 Main Street Ext. | 860-347-3222 |
| Angelfood Ministries | 860-344-5659 |
| CT Dept. of Social Services, 117 Main St. Ext. (Food Stamps) | 860-704-3100 |
| Community Renewal Team, 44 Hamlin Street | 860-347-4465 |
| Homebound Meals | |
| Meal Sites (Senior Center & Stoneycrest Towers) | |
| Farmer's Market Coupons (St. Dept. of Agriculture) | 860-344-3513 |
| Limited availability, Sr. Center or Senior Housings | |
| Serve New England (food co-op, www.servenewengland.org) | 860-344-9630 |
| St. Vincent DePaul Soup Kitchen, 615 Main St. | 860-344-0097 |

Probate Court

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| 94 Court Street | 860-347-7424 |
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Qualidigm

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| 100 Roscommon Drive | 860-632-2008 |
| National non-profit organization for Medicare Beneficiaries | |
| Will present timely health topics to groups & organizations | |
| Offers quarterly newsletter to seniors | |

Senior INFO/EXPO, Health Fair, Flu Shot Clinic

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| Middletown Senior Center will have information | 860-638-4540 |
| each year regarding the scope, date, and location of the Fair. | |
| This annual event features a consortium of service providers | |
| and senior related information. | |

Social Security

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| 425 Main Street | 1-800-772-1213 |
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Tax Assistance, Fed & State (AARP Tax-Aide & VITA)

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| Locations vary - please call for more information | 860-638-4540 |
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MIDDLETOWN SENIOR RESOURCES

Transportation

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| American Cancer Society (Cancer Patients Medical appt.'s | 203-265-6721 |
| AMTRACK (Senior discount, special assistance) | 1-800-872-7245 |
| Dial-A-Ride - Transportation for Seniors/Disabled | 860-347-3313 |
| Executive Taxi (sedans/limos/suburbans/wheelchair vans) | 860-635-8222 |
| HomeCare Connection, LLC | 860-635-5009 |
| Hunters (ambulance, wheel chair, limo) | 860-346-9627 |
| Logisticare (w/Title 19) | 1-888-866-3287 |
| Middletown Area Transit (bus), 340 Main Street | 860-346-0212 |
| St. Luke's Eldercare Solutions (2 week notice) | 860-347-5661 |
| Veterans | 1-203-932-5711 xt 3327 |
| Disabled 30% or greater | 860-667-6759 |

Volunteer Opportunities

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|--|--------------|
| American Red Cross | 860-347-2577 |
| Literacy Volunteers | 860-347-0337 |
| Reading Buddies, Spencer School (RSVP program) | 860-560-5761 |
| St. Luke's Eldercare Solutions | 860-347-5661 |
| United Way | 860-346-8695 |

CHOICES

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| CT Area Agency on Aging Info on ANY senior question | 1-800-994-9422 |
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INFOLINE-Referrals, crisis intervention, suicide prevention 211

eldercare.gov Website locates area services 1-800-677-1116

MIDDLETOWN SENIOR RESOURCES

medicare.gov

1-800-633-4227

click [Home Health Compare](#) under "Search Tools"

Website compares evaluations of nursing homes,
home health agencies, dialysis facilities

seniorresourcesec.org

1-800-690-6998

CHOICES, CT Area Agency on Aging provides information

& referrals to seniors, families and caregivers.

Monthly newsletter, funding opportunities, public speakers

myziva.net compares the quality of care in local nursing homes

CTHelpNet.org Easy to navigate website locating state, federal
and private organizations servicing elders

benefitscheckup.org Locates Federal & State benefits eligibility

aarp.org/quicklink Locates Federal & State benefits eligibility

Convalescent Centers

Apple Health Care Center, 600 Highland Ave. 860-347-3315

Middlesex Health Care Center, 100 Randolph Road 860-344-0353

One MacDonough Place, One MacDonough Pl 860-358-5800

Wadsworth Glen Health Care Ctr. 30 Boston Road 860-343-5024

Water's Edge Health Care Center, 111 Church St. 860-347-7286

Assisted Living Facilities

Village at South Farms, 645 Saybrook Road 860-344-8788

One MacDonough Place, One MacDonough Pl 860-358-5800

Luther Ridge, 628 Congdon St. W. 860-347-7144

MIDDLETOWN SENIOR RESOURCES

Independent Living

Heritage Commons Retirement Community 860-347-1221
38 Boston Road (Assisted Living Options Available)

Luther Ridge 860-347-7144
628 Congdon St. W.

Senior Housings

Marino Manor, Randolph Road 860-346-8671
40 Homes. Small, 3 room homes, laundry facility located in a community room.
Located at the intersection of So.Main & Randolph Rd. On city bus line.
Utilities NOT included. Cost: 1/3 annual income

Luther Ridge, 624 Congdon St. W. 860-347-7144
45 each of independent, assisted living, congregate apartments for
moderate to lower incomes in wooded, residential area. Active social calendar,
Many amenities. Income and asset requirements.

Newfield Towers, 220 Newfield Street 860-344-0659
99 Apt's. High-rise building. Good size apt's. Located on city bus line. Includes:
heat, hot water, and electricity. Cost: 1/3 of income

Pond View Apartments, 335 Butternut Street 860-344-8157
52 Apt's. Good size. Country living, all have small porches. Beautiful eastern
exposure, near small pond, playground, and Shiloh Manor. Located on city bus line.
Includes: heat and hot water. Cost: 1/3 income.

Old Middletown High, 251 Court Street 860-638-3602
65 Apt's. Good size. All Different. Wonderful location near Wesleyan and Main St,
library, churches. Near city bus line. Includes: Heat, hot water, and electricity
Cost: 1/3 income

Salvatore L. Monarca Place, 1325 Randolph Road 860-346-8671
16 Apt.s. Twelve 1 bedroom & four 2 bedroom apts. Developed with special design
features for the sensory impaired and elderly disabled. Located at the corner of
Randolph Rd and So.Main St. Includes heat, hot water, and electricity.
Cost: 1/3 of income

MIDDLETOWN SENIOR RESOURCES

Senior Housings (continued)

Sbona Towers, 40 Broad Street

860-346-8671

126 Apt's. High-rise building, 12 stories, downtown location, next to Senior Center churches, hospital, Main St. Located on cit bus line. Includes: heat, hot water, and electricity. Cost: 1/3 of income

Shiloh Manor, 330 Butternut Street

860-344-1349

41 Apt's. Built in 1999. Good size apt's. independent living, country setting. Near Pond View, Wesleyan University Located on the city bus line. Includes: heat, hot water and electricity. Cost: 1/3 income.

South Green Apts., 65 Church Street

860-344-1361

125 Apts. Independent living, spacious one or two bedroom apt's. Community room with kitchen, 24 HR maintenance, two laundry rooms, apartments w/ emergency pull cords. Conveniently located, near hospital, churches, Senior Center, Main St. and city bus line. Includes: heat, hot water, and electricity. Cost: 1/3 of income.

St. Luke's Apts., 352 Newfield Street

860-343-8482

25 Spacious apt's. Across from Russell Library, close to Main St. Located on city bus line. Includes: heat, hot water and electricity. Cost: 1/3 income.

Stoneycrest Apt., 352 Newfield Street

860-343-8482

99 Apts. In high-rise building. Located on city bus line. Includes: heat, hot water and electricity. Cost: 1/3 of income.

Applications required for all sites. Contact management to set up a visit and have your questions answered.